

Distance Running Results

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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EDITORIAL

The 15 km distance has shown the most action so far this year, at least as far as the list leaders compilation is concerned. The N2 City Shopping Centre Bluewater Bay 15 km, which was held for the 30th time in Port Elizabeth this weekend, produced five list leaders – counting the 65:39 by Margie Saunders twice, since she leads both the masters and grandmasters lists.

In the Bestmed ACE Half Marathon in Pretoria Richard Mavuso (70:09) and Riana van Niekerk (85:03) took the wins. The accompanying 10 km went to George Majaji (ZIM) and Thembi Baloyi.

Unfortunately no results of the first marathon of the year in the Western Cape, the Red Hill race (together with the Red Hill 36.2 km), were available.

With the late publication of our US partner *Race Results Weekly* this week, we will catch up with the international results again next week.

Riël Hauman

Riana van Niekerk, in her new Nedbank colours, on her way to victory in the Bestmed ACE Half Marathon on Saturday. [Photograph supplied]

INCLUDED IN THIS ISSUE:

- * Spar Kearsney Striders Half Marathon & 10 km, Botha's Hill
 - * N2 City Shopping Centre Bluewater Bay 15 km, Port Elizabeth
 - * Bestmed ACE Half Marathon & 10 km & 5 km, Pretoria
 - * Danger Point Half Marathon & 10 km, Gansbaai
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ROAD RUNNING

Spar Kearsney Striders Half Marathon & 10 km

Botha's Hill, 18 January

(Distances: 21.1 km & 10 km; loop courses)

Note: There were 1482 finishers in the three events – half marathon, 10 km and 10 km walk. Last year the half marathon had 795 finishers and the 10 km 378. – Ed.

Half marathon

MEN

1.	Mahlomola Sekmonyana	HV	72:17
2.	Silindile Gubese	Phuma KZN	72:29
3.	Delani Mkhize	Nedbank AC	74:52

40-49:

1.	Makhitha Macingwane	Nedbank AC	86:47
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50-59:

1.	Peter Sehloho	Boxer AC	86:42
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Juniors:

1.	Sinovuyo Nkasa	IND	89:24
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WOMEN

1.	Cary-Ann Smith	Nedbank AC	91:33
2.	Danielle Adlam	Nedbank AC	97:29
3.	Xoli Madida	Natal Carb	99:40

40-49:

1.	Pat Dammann	ROAG	103:15
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50-59:

1.	Maria Waring	Legends	113:14
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60+:

1.	Sandy Fismer	HH	117:03
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10 km

MEN

1.	Ndumiso Sokhela	Speed Exp	33:37
2.	Sabelo Jaca	Wyebank AC	36:58
3.	Thulebona Vezi	Boxer AC	38:35

WOMEN

1.	Fikile Mbuthuma	Nedbank AC	42:56
2.	Zoe Papadakis	Born 2 Run	47:42
3.	Alison Uys	West AC	49:32

N2 City Shopping Centre Bluewater Bay 15 km (30th)

Port Elizabeth, 17 January

(Loop course. Finishers: 752 [up from 666 last year].)

MEN

1	Melikhaya	Frans	Tinarha AC	22	47:04
2	Amos	Nyongo	Madibaz AC	28	47:19
3	Mzwanele	Maphekula	Bluewater Bay	38	48:42
4	Mzolisi	Makhanda	Nedbank RC EP	32	48:54
5	Bulelini	Niwa	PEAAC	29	50:25
6	Masande	Mlonyeni	Nedbank RC EP	34	50:38

7	Eric	Sigxashe	Motherwell AC	36	51:00
8	Anele	Maliza	Nedbank RC EP	36	51:01
9	Andre	Ketchem	X-Cel AC	31	51:47
10	Mzamo	Fokwana	Charlo AC	37	51:52
11	Melikhaya	Malinga	Tinarha AC	34	52:25
12	Duwayne	Lucas	Aspen Pharmacare	25	52:28
13	Masixole	Dlaku	PEAAC	36	52:41
14	Ricardo	Plaatjies	X-Cel AC	31	52:43
15	Mila	Pasiya	Nedbank RC EP	35	52:47
16	Zolile	Mhlahlo (1 st vet)	Achilles AAA	40	52:57
17	Terrance	Mjekula	Charlo AC	42	53:24
18	Brendon	Effenaar (1 st jun)	No Club	18	53:33
19	Desmond	Zibi (1 st mast)	Achilles AAA	51	54:13
20	Emerson	Kayana	Nedbank RC EP	41	54:27
40-44:					
1	Zolile	Mhlahlo	Achilles AAA	40	52:57
2	Terrance	Mjekula	Charlo AC	42	53:24
3	Emerson	Kayana	Nedbank RC EP	41	54:27
45-49:					
1	Mzukisi	Klaas	Motherwell AC	46	55:37
2	Geddes	Gallant	SANDF EP	48	1:01:19
3	Alfred	Pakkies	PEAAC	46	1:03:03
50-54:					
1	Desmond	Zibi	Achilles AAA	51	54:13
2	Darrell	Wicht	Warriors AC	51	1:00:25
3	Nelson	Vlakkok	Charlo AC	50	1:02:07
55-59:					
1	Disemba	Blou	Charlo AC	56	1:05:03
2	Alan	Taylor	Achilles AAA	57	1:06:22
3	Leonard	Erasmus	Gelvan AC	56	1:07:46
60-64:					
1	Sizinzo	Kama	Achilles AAA	63	1:06:08
2	Bruce	McEwan	Achilles AAA	61	1:10:19
3	Lindsay	Pillay	Achilles AAA	61	1:14:58
65-69:					
1	Hannes	Els	Warriors AC	65	1:07:34
2	Graham	Channon	Achilles AAA	65	1:10:59
3	Errol	Rossouw	PEAAC	65	1:12:45
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	72	1:14:39
2	Godfrey	Kariem	Gelvan AC	74	1:22:53
3	Herman	Dekker	SAP MC EP	70	1:28:25
80+:					
1	Ernie	Verrall	Madibaz AC	80	1:48:48
Juniors:					
1	Brendon	Effenaar	No Club	18	53:33
2	Ruan	Jonck	St Albans CS EP	18	58:24
3	Judaïd	Marais	X-Cel AC	18	58:50
WOMEN					
1	Fabienne	Schlumpf	SUI	24	54:57
2	Ntombesintu	Mfunzi	Nedbank RC EP	33	59:08
3	Siphokazi	Nojoko	Motherwell AC	20	1:00:07
4	Clea	Formaz	SUI	22	1:01:56
5	Asanda	Solani	Born To Run AC	31	1:02:59
6	Davera	Magson (1 st vet)	Nedbank RC EP	40	1:05:21

7	Margie	Saunders (1 st g'mast)	Nedbank RC EP	61	1:05:39
8	Elmarie	Bezuidenhout	Charlo AC	32	1:06:39
9	Terray	Newcombe	Elite AC	23	1:06:44
10	Christine	Claasen (1 st mast)	Achilles AAA	50	1:07:00
11	Katherine	Van der Walt	Body Concept	38	1:08:41
12	Janette	Schierz-Crusius	Body Concept	54	1:08:47
13	Nokholo	Hlezupondo	SANDF EP	35	1:09:42
14	Janine	Gardiner	Charlo AC	33	1:09:43
15	Grizelda	Pietersen	Vukani MS	46	1:10:08
16	Deliwe	Nyanga	Nedbank RC EP	25	1:10:39
17	Priscilla	Dyantyi	Nedbank RC EP	40	1:11:09
18	Nolikhanyo	Mdwayi	Transnet Eng EP	33	1:11:16
19	Sime	Baynes	Elite AC	31	1:11:30
20	Camarin	Van Eyk	Nedbank RC EP	32	1:11:58

40-44:

1	Davera	Magson	Nedbank RC EP	40	1:05:21
2	Priscilla	Dyantyi	Nedbank RC EP	40	1:11:09
3	Catherine	Curtain	Muirite Striders	44	1:15:04

45-49:

1	Grizelda	Pietersen	Vukani MS	46	1:10:08
2	Desiree	Ebrahim	Gelvan AC	49	1:19:25
3	Gail	Klichowicz	Achilles AAA	48	1:20:54

50-54:

1	Christine	Claasen	Achilles AAA	50	1:07:00
2	Janette	Schierz-Crusius	Body Concept	54	1:08:47
3	Laura	Maritz	Elite AC	54	1:13:24

55-59:

1	Amanda	Wolmarans	Walmer AC	56	1:22:22
2	Barbara	Foot	Crusaders AC	55	1:25:06
3	Christine	Snyman	Despatch AC	58	1:27:56

60-64:

1	Margie	Saunders	Nedbank RC EP	61	1:05:39
2	Mariana	Linstrom	Rand AC	61	1:26:43
3	Jos	Els	Warriors AC	62	1:31:27

65-69:

1	Liz	Grundlingh	Muirite Striders	68	1:30:40
2	Christine	Fourie	Elite AC	68	1:36:11
3	Jeanette	Pienaar	PEAAC	66	1:47:31

70-74:

1	Orgia	Nell	Muirite Striders	71	1:52:26
2	Isabella	Childs	Walmer AC	73	1:54:35

75-79:

1	Dorothy	Hart	Madibaz AC	76	1:59:47
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Juniors:

1	Nomakhosi	Ntliziyo	Youth 4 Change AC	16	1:14:17
2	Luzanne	Bruyns	Elite AC	16	1:30:01
3	Danielle	Harkin	Madibaz AC	19	2:06:40

Bestmed ACE Half Marathon & 10 km (22nd) & 5 km

Pretoria, 17 January

(Distances: 21.1 km & 10 km; undulating loop courses [the half marathon almost two loops]. Weather: Breezy, clear skies. Finishers: 10 km – 1630; 5 km – 885.)

Half marathon

MEN

1. Richard Mavuso (Ind) 1:10:09
2. William Chinyanga (ZIM/Ned) 1:12:49
3. Kipkoech Chirchir (KEN/Ned) 1:18:27

Veterans: 1. Greg Barnes (Born2Run) 1:19:04. **Masters:** 1. Paul Mabena (Ford) 1:30:02.
G'masters: 1. Francis Makuka (ZAM/Phobians) 1:24:28. **Juniors:** 1. Mathews Shadung (Moretele) 1:20:43.

WOMEN

1. Riana van Niekerk (Ned) 1:25:03
2. Nerissa van der Walt (Runa) 1:31:05
3. Lesego Hlako (Zwakala) 1:37:34

Veterans: 1. Vanessa Bowman (Kempton) 1:41:44. **Masters:** 1. Ansie Breytenbach (Irene) 1:41:13. **G'masters:** 1. Lettie Coetsee (Goud) 2:14:14. **Juniors:** 1. Jeannie de Beer (Ned) 1:50:02.

10 km

MEN

1. George Majaji (ZIM) 31:54
2. Willem Ndzhukula (Vutha) 32:02
3. Bafana Dube (Trans) 33:15

Veterans: 1. Colin Witbooi (PMMC) 35:32. **Masters:** 1. Nuno Thomaz (Runa) 41:56.
G'masters: 1. Mike du Bruto (Irene) 43:18. **G/g'masters:** 1. Andries van der Merwe (Trans) 54:30. **Juniors:** 1. Morné Olivier (Eagles) 36:12; 2. Brian Mbambo (Zwakala) 38:28; 3. Yasheen Bhawanipersad (Ned) 41:27.

WOMEN

1. Thembi Baloyi (TUT) 39:32
2. Patience Khumalo (TUT) 41:36
3. Mia Bosman (Ind) 41:46 (1st jun)

Veterans: 1. Ronel Thomas (Boxer) 42:02. **Masters:** 1. Jane Mudau (Ned) 42:13.
G'masters: 1. Marilyn de Bruin (Irene) 56:28. **G/g'masters:** 1. Annatjie Greyvenstein (Irene) 56:34. **Juniors:** 1. Mia Bosman (Ind) 41:46; 2. Georgia Janisch (Mag) 44:42.

5 km

MEN

1. Kgosi Tsosane (Ned) 14:21

WOMEN

1. Thitshaamba Ravhandalala (TUT) 18:41

Danger Point Half Marathon & 10 km

Gansbaai, 31 December

(Distances: 21.1 km & 10 km. Loop courses, partly on gravel. Finishers: half marathon – 426 [up from 380 last year]; 10 km – 326 [up from 309].)

Note 1: Like many Boland races, both events were timed in hundredths of a second and the times were rounded up by DRR according to the rules. – Ed.

Note 2: Candyce Hall ended the year with a bang, with two races on the last day of 2014 – she also ran the aQuellé Runners' Memorial 8 km this same afternoon to bring her racing total for the year (see DRR 15:01) to 1550.4 km (29.8 km per week). She ran a total of 76 races during the year (on average a race every 4.8 days), including eighteen half marathons. – Ed.

Half marathon

MEN

1	Duran	Byman	Itheko AC	1:19:52
2	Sign	Makunda	Whalers AC	1:21:01
3	Henry	Wolstenholme	Durbac	1:21:20
4	Randall	Smith	Itheko AC	1:22:16
5	Kirsten	Leemans	Temp	1:25:04
6	Mlandel	Mkhohlakali	Whalers AC	1:27:06
7	A.N. Other			1:27:36
8	Roelof	van Wyk	Vaal AC	1:30:01
9	Christo	du Plessis	Whalers AC	1:30:19
10	Mark	Kavanagh	Whalers AC	1:31:10

WOMEN

1	Candyce	Hall	Carbineers	1:36:37
2	Laura	Peddle	Strand AC	1:38:06
3	Jean	Rossouw	Temp	1:38:07
4	Rinee	Victor	Temp	1:44:46
5	Bettie	Stevens	Nedbank	1:45:07
6	Janelle	Verster	Unisa	1:45:26
7	Paola	Vignani	Nedbank Boland	1:46:44
8	Sarah	Gordon	Whalers AC	1:46:55
9	Ezit	Malan	Wellington	1:46:56
10	Veresa	Domingo	VOB	1:47:03

MEN

1	Gershwin	Kammies	Sanlam AC	37:35
2	Alexander	Hill	Temp	37:46
3	Ignatious	Matema	Whalers	37:47
4	Yanga	Keli	Sanlam AC	39:44
5	Ben	Eksteen	Temp	40:08
6	Jurie	Swart	Temp	40:25
7	Frank	Gillion	Whalers	40:57
8	Jaco	Wessels	Temp	41:41
9	Christopher	Williams	Temp	41:52
10	Herman	Van Dyk	Temp	42:06

WOMEN

1	Kristin	Gomes	GBR/Balmoral Tri C	46:43
2	Mariet	Harper	Temp	46:45
3	Jeannie	de Beer	Temp	47:29
4	Jansie	Slabbert	Temp	47:39
5	Aldo	Bruwer	Temp	47:47
6	Janke	Lesch	Temp	48:11

7	Annette	Muller	Irene	49:02
8	Aimie	Kawai	Temp	50:50
9	Christine	Fleischer	Temp	51:08
10	Helen	du Plessis	Tygerberg	51:18

NEWS

TOP-CLASS WOMEN'S FIELD FOR LONDON MARATHON

The elite women's field announced by the Virgin Money London Marathon, scheduled for Sunday, 26 April, boasts seven athletes with sub-2:22 personal bests. Previous London champions -- Kenyans Edna Kiplagat (2:19:50 PB), Mary Keitany (2:18:37) and Priscah Jeptoo (2:20:14) -- are the leading women, reports *Race Results Weekly*.

In addition, marathon world record holder Paula Radcliffe of England will run her farewell marathon in London, organisers said, but she was not included (yet) in the elite field. London officials said she would announce her intentions for the race on 30 January.

Kiplagat, 35, twice the world marathon champion, became last year's London winner in her fourth run at the race. She prevailed over compatriot Florence Kiplagat (no relation) in a sprint finish on The Mall in 2:20:21 to 2:20:24.

"Winning my first London Marathon title on my fourth attempt last year was a special moment for me," Kiplagat said through a statement provided by race organisers. "Now I have tasted success in London, I am determined to win again."

Keitany, 32, made a noteworthy comeback from maternity leave last fall, winning the TCS New York City Marathon in cold and very windy conditions. The tiny athlete from Iten in the Great Rift Valley won London in 2011 and 2012, and her winning time of 2:18:37 in 2012 makes her the second-fastest woman ever in London behind only Radcliffe.

Jeptoo, 30, was the London winner in 2013, but was forced to drop out of last year's race with a calf injury after tangling with a wheelchair racer at a fluid station. She had planned to run the TCS New York City Marathon last November (she was the reigning champion), but was forced to withdraw from the race with injury. She has been building up her fitness by doing a series of shorter races during the fall and winter.

Other athletes from the Kenyan squad include last year's London runner-up Florence Kiplagat (2:19:44 PB), and last year's New York runner-up Jemima Sumgong (2:20:41).

Leading the list of Ethiopian entrants is Feyse Tadese (2:20:27 PB), fourth at last year's London race, and Tigist Tufa (2:21:52), who won last year's Ottawa and Shanghai marathons.

Race director Hugh Brasher also recruited a strong group of European women, led by reigning European champion Christelle Daunay of France (2:24:22 PB). Other Europeans include Portugal's Ana Dulce Félix (2:25:40) and Sara Moreira (2:26:00), Spain's Alessandra Aguilar (2:27:00), Russia's Tatyana Arkhipova (2:23:29), Ukraine's Tetyana Gamera-Shmyrko (2:23:58) and Poland's Iwona Lewandowska (2:28:32).

The Virgin Money London Marathon is part of the Abbott World Marathon Majors and is an IAAF Gold Label Road Race.

STATS TIME

This week we include a list of the top ten SA veteran men in the 10 km for 2014. Secondary performances by the top three are also listed. It is quite an extensive list, with the top three -- Gert Thys, Shadrack Hoff and Graham Katzen -- having fifteen times on the list, led by Hoff's seven. Although Hoff and Katzen (5) have the most times, at the top of the list is Thys -- a full 30 seconds ahead of Hoff.

2014 10 KM: TOP 10 VETERAN MEN

30:31	Gert Thys	Goodwood	01 Mar
31:01	Shadrack Hoff	Mamelodi	12 Apr
31:09	Hoff-2	Bloemfontein	22 Feb
31:24	Hoff-3	Pretoria	15 Feb
31:31	Thys-2	Bloemfontein	22 Feb
31:36	Hoff-4	Pretoria	23 Feb
31:39	Graham Katzen	Athlone	08 Feb
31:40	Katzen-2	Bellville	12 Apr
31:41	Enoch Skosana	Mamelodi	12 Apr
31:41	Zongamele Dyubeni	Johannesburg	03 Aug
31:42	Maxwell Goodman	Uitenhage	23 Aug
31:44	Katzen-3	Bellville	31 May
31:44	Katzen-4	Goodwood	01 Mar
31:47	Thys-3	Johannesburg	18 May
31:56	Hoff-5	Tembisa	08 Nov
32:07	Katzen-5	Cape Town	05 Mar
32:12	Hoff-6	Irene	08 Nov
32:14	Malesela Johannes Kekana	Randburg	29 Jun
32:21	Lindile Tokota	George	06 Sep
32:23	Hoff-7	Pretoria	25 Jan
32:25	Pieter Koopman	Cape Town	12 Oct
32:28	Simon Mpholo	Johannesburg	31 Aug

THIS MONTH IN HISTORY

This weekly column highlights a special race or event from the past that happened in the current month.

33 years ago: 30 January 1982

The Hohenort 15 km in the leafy Constantia area of Cape Town started in 1975 as a race over 16.6 km, a distance that was changed to 16.5 km in 1977. The 1982 race was the first one that was held in January and victory went to Gabriël Crisp in 52:34 and Janet Grieve in 65:24. It was the first of three consecutive wins for Grieve – something no other woman has been able to achieve. When the race changed to 15 km in 1984, she scored her last win in 57:14. The race was held for the 41st time last weekend.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

This is the last compilation of list leaders for 2015. This section lists the best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green. – Ed.

MENOpen

10 km	32:02	Willem Ndzhukula	Pretoria	17 Jan
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	47:04	Melikhaya Frans	Port Elizabeth	17 Jan
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	70:09	Richard Mavuso	Pretoria	17 Jan

25 km	58:23	Zersenay Tadese (ERI) 2010		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p 1:37:54	Dennis Kipruto Kimetto (KEN) Duane Fortuin	Camps Bay	04 Jan
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:03:38	Patrick Makau (KEN) 2011		
100 km	2:03:23p 6:13:33	Wilson Kipsang (KEN) 2013 Takahiro Sunada (JPN) 1998		

**.) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	35:32	Colin Witbooi	Pretoria	17 Jan
	28:51	Paulo Catarino (POR) 2003		
15 km	52:57	Zolile Mhlahlo	Port Elizabeth	17 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	79:04	Greg Barnes	Pretoria	17 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	76:49	Martin Mondragon (MEX) 1994		
30 km	1:52:57 1:35:28	Xolile Macanda Geraldo Antonio da Silva (BRA) 2002	Camps Bay	04 Jan
Marathon	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	41:56	Nuno Tomaz	Pretoria	17 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:13	Desmond Zibi	Port Elizabeth	17 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	86:42	Peter Sehloho	Botha's Hill	18 Jan
	66:42	Martin Rees (GBR) 2003		
25 km				
30 km	1:53:00	Eric Coetzee	Camps Bay	04 Jan
Marathon	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	43:18	Mike du Bruto	Pretoria	17 Jan
15 km	63:01	Muhammad Kriel	Constantia	10 Jan
21.1 km				
25 km				
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon				
100 km				

Juniors

10 km	36:12	Morné Olivier	Pretoria	17 Jan
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15 km	27:52 52:39	Richard Chelimo (KEN) 1990 Lukhanyo Nobakada Constantia	10 Jan
21.1 km	42:25 80:43 59:16	Moses Mosop (KEN) 2004 Mathews Shadung Pretoria Samuel Wanjiru (KEN) 2005	17 Jan
WOMEN			
<u>Open</u>			
10 km	39:32	Thembi Baloyi Pretoria	17 Jan
15 km	30:21 58:24	Paula Radcliffe (GBR) 2003 Zintle Xiniwe Constantia	10 Jan
21.1 km	46:28 85:03	Tirunesh Dibaba (ETH) 2009 Riana van Niekerk Pretoria	17 Jan
25 km	65:50	Mary Keitany (KEN) 2011	
30 km	79:53 1:56:32	Mary Keitany (KEN) 2010 Tanith Maxwell Camps Bay	04 Jan
Marathon	1:38:49	Mizuki Noguchi (JPN) 2005	
100 km	2:15:25 6:33:11	Paula Radcliffe (GBR) 2003 Tomoe Abe (JPN) 2000	
<u>Veterans (40+)</u>			
10 km	42:02	Ronel Thomas Pretoria	17 Jan
15 km	32:14 62:03 60:02A	Priscilla Welch (GBR) 1985 Sandra van Graan Constantia Ulrica Stander Camps Bay	10 Jan 04 Jan
21.1 km	49:35 1:41:13 69:56	Priscilla Welch (GBR) 1985 Ansie Breytenbach (50+) Pretoria Irina Permitina (RUS) 2009	17 Jan
25 km	82:13	Mizuki Noguchi (JPN) 2005	
30 km	2:11:00 1:51:37	Adele Waldron Camps Bay Mieke Pullen (NED) 2001	04 Jan
Marathon	2:26:51	Priscilla Welch (GBR) 1987	
100 km	7:00:27	Normi Sakurai (JPN) 2007	
<u>Masters (50+)</u>			
10 km	42:13 34:44	Jane Mudau Pretoria Tatyana Pozdniakova (UKR) 2005	17 Jan
15 km	65:39 54:33	Margie Saunders (60+) Port Elizabeth Shirley Matson (USA) 1991	17 Jan
21.1 km	1:41:13 76:07	Ansie Breytenbach Pretoria Tatyana Pozdniakova (UKR) 2006	17 Jan
25 km			
30 km	2:23:26	Olga Howard Camps Bay	04 Jan
Marathon	2:31:05	Tatyana Pozdniakova (UKR) 2005	
100 km			

Grandmasters (60+)

10 km	56:28	Marilyn de Bruin	Pretoria	17 Jan
15 km	65:39	Margie Saunders	Port Elizabeth	17 Jan
21.1 km	1:57:03	Sandy Fismer	Botha's Hill	18 Jan
25 km				
30 km	2:27:24	Nancy Will	Camps Bay	04 Jan
Marathon				
100 km				

Juniors

10 km	41:56	Mia Bosman	Pretoria	17 Jan
	31:42	Zola Pieterse (RSA) 1984		
15 km	61:52	Pamelia Moyikwa	Constantia	10 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:50:02	Jeannie de Beer	Pretoria	17 Jan
	1:09:05	Delilah Asiago (KEN) 1991		

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